HEALTH STUDIES

Cascade Campus
Jackson Hall (JH), Room 210
971-722-5055

Rock Creek Campus
Building 5, Room 245
971-722-7327

Southeast Campus
Student Commons (SCOM), Room 214
971-722-6148

Sylvania Campus
Health Technology Building (HT), Room 305
971-722-4225

pcc.edu/programs/health/

DESCRIPTION

Health Studies courses aim to encourage students to think critically about health, the systems that influence individual and community health, and strategies that promote health and well-being within themselves, communities, and the environment.

Health Studies faculty consider social justice and health equity as fundamental components of health. Health Studies curriculum is intentionally designed and delivered to engage and empower students to apply these connections in their own lives, communities, and in the global context.

Health Studies courses may:

- Provide transferable credits
- Satisfy Social Science General Education degree requirements
- Satisfy Health and Wellness degree requirement for the AAOT and AS degrees
- Include Community-based Learning, by directly supporting projects that deepen and contextualize course learning outcomes by addressing the needs of our community
- Include courses required for completion of Focus Awards, including the Health Studies Focus Award

Please note: HE 262 is a newly revised and updated course taught as Open Educational Resources (OER) - no textbook to buy. Consult with academic advising for degree completion requirements and course transferability.

Health Studies Mission:

Health Studies faculty support student success and guide student progress in meeting their personal, academic, and/or professional goals by providing high-quality instruction and curriculum.

Health Studies Vision:

Empowers examination and engagement with personal, social, political, economic, cultural, and environmental factors impacting the health and wellness of individuals and society.

HE 112. Standard First Aid and Emergency Care. 1 Credit.

Describes emergency procedures and techniques of basic life support for adult, child, or infant victims of airway obstruction, respiratory arrest and/or cardiac arrest. Provides education and training in Automated External Defibrillator. Upon successful completion of this course, students may earn an American Red Cross Standard First Aid and CPR/AED Adult/Child and Infant CPR certificate. Recommend: RD 115 or equivalent placement. Audit available.

HE 125. First Aid & Industrial Safety. 3 Credits.

Presents an overview of industrial safety procedures, accident prevention, material safety data sheets (MSDS), hazardous materials, first aid, and CPR/AED. Upon successful completion of this course, students may earn an American Red Cross Responding to Emergency First Aid and Adult CPR/AED certificate and Bloodborne Pathogens Training: Preventing Disease Transmission Certificate or American Heart Association equivalent. Recommend: (RD 115 or IRW 115) or equivalent placement. Audit available.

HE 207. Seminar in Biomedical, Behavioral and Health Sciences. 1 Credit.

Introduces an interdisciplinary, science-based overview of key issues and current research in scientific fields of study related to biomedical, behavioral, and health sciences through class meetings and off-campus professional seminars sponsored by academic and research institutions throughout the Portland metropolitan area. Recommended: WR 121. Audit available.

HE 212. Women's Health. 4 Credits.

Examines women’s health from a local, national, and global perspective. Explores cultural, social, behavioral, and environmental issues that influence women’s health. Investigates the causes and potential solutions for women’s health issues, and introduces skills and strategies for health promotion and disease prevention. Analyzes transmission Certificate, such as feminism, body image, drug abuse, violence against women, childbearing, disease, and aging. Prerequisites: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available. This course fulfills the following GE requirements: Social Sciences/AAOT, Social Sciences/AS, Social Sciences/AAS, Social Sciences/AGS, Social Sciences/ASOT-B.

HE 213. Men's Health. 4 Credits.

Examines the personal, behavioral, social, and cultural factors impacting the health and wellness of men. Provides an overview of the health differences between various communities of men and encourages exploration of causes. Explores health and wellness promotion strategies. Prerequisites: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. This course fulfills the following GE requirements: Social Sciences/AAOT, Social Sciences/AS, Social Sciences/AAS, Social Sciences/AGS, Social Sciences/ASOT-B.

HE 242. Stress and Human Health. 4 Credits.


HE 250. Personal Health. 3 Credits.

Inspires close examination and evaluation of factors that influence one’s personal health and wellness. Involves critical analysis of health information related to the biological, psychological, sociocultural, and environmental impacts on personal health from a wellness perspective. Audit available.

HE 251. Community and Public Health. 4 Credits.

Examines the socio-economic, behavioral, biological, environmental, and other factors that impact human health and contribute to health disparities. Investigates basic processes, concepts, approaches, and interventions that identify and address the major health-related needs and concerns of populations. Provides an overview and history of the health system and the role of local, state, federal, and global public health entities in health promotion and disease prevention. Explores career opportunities in public health. May include community-based learning. Prerequisites: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available. This course fulfills the following GE requirements: Social Sciences/AAOT, Social Sciences/AS, Social Sciences/AAS, Social Sciences/AGS, Social Sciences/ASOT-B.

HE 252. First Aid - Basics and Beyond. 4 Credits.

Introduces first aid and emergency knowledge and skills in the work, community, and home environment. Examines first aid care in remote and/or wilderness settings. Upon successful completion of this course, students may earn an American Red Cross Responding to Emergencies Adult and Pediatric First Aid/CPR/AED Certificate. Recommended: (RD 115 or IRW 115) or equivalent placement.

HE 254. Weight Management and Personal Health. 3 Credits.

Course examines the causes of obesity, its impact on human health and explores weight loss and diet options for the individual from a holistic perspective, including social, emotional, and physical dimensions of human health. Recommended: Students have a WR 121 skill level. Audit available.

HE 255. Film and Public Health. 4 Credits.

Critically explores public health issues as they are portrayed in popular films and discusses the scientific and social underpinnings of the public health issues. Recommended: WR 121 Audit available.

HE 262. Children's Health. 4 Credits.

Examines children’s health from a biological, socio-cultural, behavioral, and environmental perspectives. Introduces strategies for children’s health promotion and disease prevention. Examines factors impacting children’s health and investigates causes and potential solutions for children’s health issues such as environmental toxins, nutrition, epigenetics, illness and disease, trauma, racism, anxiety, and depression. Prerequisites: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available. This course fulfills the following GE requirements: Social Sciences/ASOT-B, Social Sciences/AAOT, Social Sciences/AS, Social Sciences/AAS, Social Sciences/AGS.
HE 264. Food Systems and Public Health. 4 Credits.
Examines the connections among diet, industrial and sustainable agriculture, the environment, and public health. Explores factors such as equity, food security, food justice, sustainability, and the historical, economic and political forces that have shaped food systems both nationally and globally. May include community-based learning. Prerequisites: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available. This course fulfills the following GE requirements: Social Sciences/ASOT-B, Social Sciences/AAS, Social Sciences/AGS, Social Sciences/AS, Social Sciences/AAOT.

HE 278. Human Health and the Environment. 3 Credits.
Examines the relationship between the environment and human health. Focuses on issues such as persistent environmental contaminants, environmental toxins, chemical exposures, climate change and accompanying disease outbreaks. Includes a strong emphasis on personal decision making. Recommend: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available.

HE 295. Health and Fitness for Life. 2 Credits.
Explores the interrelationship of the five components of physical fitness, nutrition and stress management concepts and activities to increase individual health and wellness. Corequisite: PE 295. Audit available.